



Chicken Parmesan with Red-Wine Pasta Sauce

READY IN



23 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 0.5 cup cooking wine dry red
- 1 large egg white lightly beaten
- 1 Dash ground pepper red
- 0.5 cup italian-seasoned breadcrumbs
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 4 ounces pasta uncooked
- 1 tablespoon olive oil
- 4 teaspoons parmesan cheese grated

- 2 ounces part-skim mozzarella cheese shredded
- 0.1 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 2 cups no sugar-added tomato-and-basil pasta sauce light

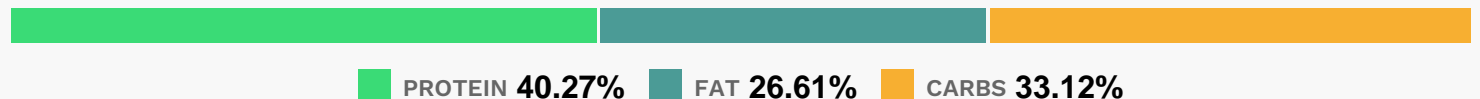
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, combine breadcrumbs and seasoning in a shallow dish. Dip chicken in egg white; sprinkle with 1/4 teaspoon black pepper and salt, and dredge in breadcrumbs.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 minutes on each side.
- Remove chicken from pan; keep warm.
- Add remaining 1/4 teaspoon black pepper, red pepper, and wine to pan, scraping pan to loosen browned bits. Cook 1 minute.
- Add pasta sauce; cook 1 minute or until bubbly.
- Arrange chicken over sauce; top each breast half with a spoonful of sauce, and sprinkle with cheeses. Cover, reduce heat, and simmer 5 minutes or until chicken is done.
- Drain pasta.
- Serve chicken and sauce over pasta.
- Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:8.55, Inflammation Score:-7, Nutrition Score:25.356521922609%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 519.79kcal (25.99%), Fat: 14.33g (22.05%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 36.31g (13.21%), Sugar: 6.35g (7.06%), Cholesterol: 122.37mg (40.79%), Sodium: 894.97mg (38.91%), Alcohol: 3.15g (100%), Alcohol %: 1.18% (100%), Protein: 48.8g (97.59%), Selenium: 81.5µg (116.42%), Vitamin B3: 19.19mg (95.96%), Vitamin B6: 1.36mg (67.91%), Phosphorus: 536.29mg (53.63%), Potassium: 968.68mg (27.68%), Vitamin B5: 2.69mg (26.88%), Manganese: 0.48mg (24.23%), Calcium: 221.97mg (22.2%), Vitamin B2: 0.35mg (20.44%), Vitamin B1: 0.28mg (18.9%), Magnesium: 73.19mg (18.3%), Fiber: 3.82g (15.27%), Zinc: 2.22mg (14.79%), Iron: 2.3mg (12.76%), Vitamin A: 581.82IU (11.64%), Vitamin K: 11.67µg (11.11%), Vitamin B12: 0.58µg (9.71%), Copper: 0.18mg (8.85%), Folate: 32.32µg (8.08%), Vitamin E: 1mg (6.65%), Vitamin C: 5.47mg (6.63%), Vitamin D: 0.24µg (1.58%)